

Preparing Your Garden for Winter

“Order returns to the garden after summer’s abundant chaos”

Vegetable and Herb Gardens

Before Frost:

- 1) Harvest all herbs and veggies you want to save like potatoes, carrots, beets, cabbage.
- 2) Weed and clean up beds.
- 3) Mulch or put on shredded leaves, don't leave dirt bare.
- 4) You can leave clovers and other roots to over winter as they feed the soil bacteria and provide micro nutrients
- 5) Cut back lavender to nice mounds (cut top 1/3 of the plant), weed and mulch all herbs that over winter.
- 6) Pick all tomatoes, the green ones will eventually ripen at room temperature.
- 7) Bring in tender houseplants, clean them up, repot if needed.
- 8) Plant a cold frame with winter greens like kale.
- 9) Get all your perennial potted plants in the ground. They have a better chance of survival than in pots.
- 10) Plant new trees and shrubs now.

After Frost:

- 1) Pull out all dead veggies and clean up the beds.
- 2) Plant garlic mid Oct.
- 3) Harvest herb roots you want to use like yellow dock, echinacea, comfrey, or burdock.
- 4) Dig up tender bulbs like dahlias and gladiolas and store them in a cool dry place. Iris can be dug up and moved before or after frost and replanted.
- 5) Cut back asparagus to the ground, weed and mulch – pick off the red berries and plant them for a new asparagus bed.
- 6) Harvest seeds from plants you want to propagate in the spring or scatter them where you want them to grow next year (like dill, calendula, licorice mint)
- 7) Make sure all your plants have tags that will last the winter. I use the metal tags with a P-Touch for labeling.
- 8) Start pruning fruit trees, clear out the dead branches, spray with horticultural oil for smothering insect pests or rub the tree trucks with the Biodynamic formula with Clay, Manure, and Sand. Use equal parts and make a paste to rub on the

trunks of fruit trees. Keep tree trunk area clear at the base, no grass or weeds.

- 9) Prune elderberries to half their size (or wait until spring).
- 10) Put hardwood mulch on your pathways.
- 11) Add cold manures, like alpaca and rabbit, to your growing beds now so nutrients can seep in and the worms have food for winter.
- 12) Add compost around all your plants and veggie beds.
- 13) Shred leaves as they fall and mulch with those around all your plants.
- 14) Cardboard and mulch new growing areas you want to start for next year. It smothers the grass, adds nutrients and attracts worms. (Lasagna method)
- 15) Build mason bee houses.

Native Plants

This is why we love native plants. They require very little work this time of year. Leave the dead stalks for the native bees to live in for the winter. Leave the seeds for the birds to eat and distribute. Leave the mowing of meadows until spring. What you can do now is to weed out the grasses and invasive plants you don't want. Plant roots of Echinacea and other natives now so they have a good start in the spring. Mulching with leaves, compost or manure is also good now to restore nutrient balance and to make things look neater. Gather any seeds you want to save or share. You can get organized about what you want to plant for winter sowing in Feb.

Rest and take a deep breath ☺